

Bringing Bright Futures into your Practice

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Introduction

- Background
- Education-Brown University, Providence, RI
- Pediatric Residency Training-Kapiolani Medical Center for Women and Children, Honolulu, HI
- Pediatrician-Mid Dakota Clinic, Bismarck, ND

Why are we all here today?

- Realize the importance of child health
- Our daily work is committed to improving child health
- ...and, of course, to learn how Bright Futures can help us with our life's work

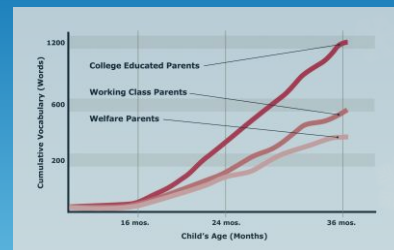
The Importance of Child Health

- On development
- On learning
- On adult health
- On community
- On society
- On economy

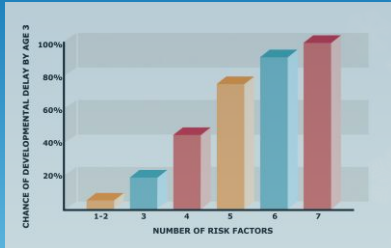
Early Childhood Development: 700 new neural connections per second



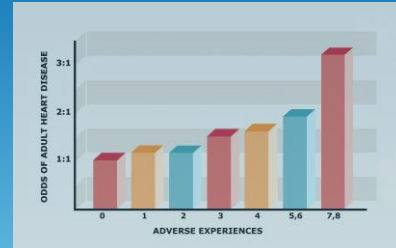
18 Months: Age at which disparities in vocabulary start to appear



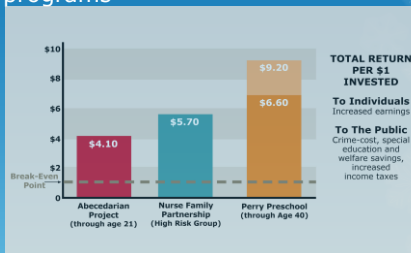
90-100% chance of Developmental Delays when a child has 6-7 risk factors



3:1 Chance of adult heart disease after 7-8 adverse experiences



\$4-9 dollars in returns for every dollar invested in early childhood programs



Objectives

- Review some of the Bright Futures Tools
- Model how Bright Futures Tools are incorporated into my daily practice
- Discuss how Bright Futures Handouts provide a review of anticipatory guidance at each well check
- Promote the usage of Bright Futures Tools as a framework for structured teaching (medical students/residents/health visitors)

A Review of Bright Futures Tools

- Pre-Visit Questionnaire
- Supplemental Questionnaire
- Question-Specific Informational Sheets
- Age-Specific Informational Sheets
- Visit Documentation Form**
- Parent Handout**

Bright Futures Tools in my Daily Practice

- All Pediatricians Use
 - Visit Documentation Forms for all Well Child Checks
 - Parent Handouts for all Well Child Checks
- Variations in who collects the information

Visit Documentation Forms

Parent Handout

Family Support
Feeding/Care
Growth/Development
Safety/Anticipatory Guidance

How I use Bright Futures in my Daily Practice...

- Highlighting visits:
 - 2-5 day
 - 2 month
 - 6 month
 - 12 month
 - 2 year

1st Office Visit: 2-5 days old Nurse Assessment

- Chart is prepped with Birth History
- Nurse Natalie invites the patient to an exam room
- Nurse Natalie asks parents to list concerns or questions
- Baby is undressed, wearing only dry diaper
- Vital signs and measurements are obtained
- Percentiles are plotted
- Parents receive parent handout with child's measurements and %

Initial History Questionnaire

Visit Documentation Form: Nursing Assessment 2-5 day old

Visit Documentation Form: Parental Concerns or Questions?

- Parental concerns or questions? Breathing?

Visit Documentation Form: History

- Feedings? Breastmilk in? Too frequent (Appropriate Latch/ Identifying Signs of Hunger)
- Voiding/Stooling? Color of stools
- Sleep? (Back to Sleep)
- Family/ Parental Transition/ Maternal Mood?
- Childcare/Work Plans?

Physical Exam Findings:



Visit Documentation Form: Assessment/Plan & Anticipatory Guidance

Bright Futures Parent Handout: 2-5 Day Old Visit

- PPD Monitoring
- Identifying Signs of Hunger
- Fever in Newborns is not normal
- Sleep Position/Location
- Car seat Safety

1st Office Visit: 2-5 days old Physician Assessment

- History
 - Parental concerns or questions? Breathing
 - Feedings? Breast milk in? Too frequent (Appropriate Latch/ Identifying Signs of Hunger)
 - Voiding/Stooling? Color of stools
 - Sleep? (Back to Sleep)
 - Family/ Parental Transition/Maternal Mood?
- Counseling
 - Anticipatory Guidance/Safety- PPD, Fever, Carseat
 - Contact Info: Physician, nurse, hours, after hours
 - Follow-up: 2-4 weeks of age

2 Month Old Nursing Assessment

- Nurse Natalie invites the patient to an exam room
- Nurse Natalie asks parents list concerns or questions
- Baby is undressed, wearing diaper
- Vital signs and measurements obtained
- Percentiles are plotted
- Parents receive parent handout with child's measurements and percentiles for review

to

only dry

are

Visit Documentation Forms: Parental Concerns or Questions

- Not sleeping well

The form is titled 'History' and includes sections for 'Parental Concerns or Questions' and 'Follow-up on previous concerns'. It has checkboxes for 'None' and 'Addressed (see other side)'.

Visit Documentation Form: History

- Feedings? (Only Breastmilk, or Formula, no water or solids)
- Voiding/Stooling? (Changes in Stooling)
- Sleep? (Change Sleep Position to avoid plagiocephaly)
- Development? Cooing, Smiling more, Moving symmetrically,
- Family/ Parental Transition/Maternal Mood

The form is titled 'Social/Family History' and includes sections for 'Family situation', 'Review of Systems', and 'Development'. It has checkboxes for 'None' and 'Addressed (see other side)'.

Physical Exam Findings



Visit Documentation Form: Assessment/Plan & Anticipatory Guidance

The form is titled 'Assessment/Plan & Anticipatory Guidance' and includes sections for 'Physical Examination', 'Assessment', 'Anticipatory Guidance', and 'Plan'. It has checkboxes for 'None' and 'Addressed (see other side)'.

Bright Futures Parent Handout: 2 Month Visit

- Tummy Time
- Calming Techniques
- Rolling Safety
- Continued breastfeeding

The form is titled 'Bright Futures Parent Handout: 2 Month Visit' and includes sections for 'When You Are Feeding', 'Your Baby's Safety', and 'Your Baby's Health'. It has checkboxes for 'None' and 'Addressed (see other side)'.

2 Month Visit

- History
 - Parental concerns or questions?
 - Feedings? (**Only Breast milk or Formula, no water or solids**)
 - Voiding/Stooling? (**Normal Changes in Stooling**)
 - Sleep? (**Change Sleep Position to avoid plagiocephaly**)
 - Development? Cooing, Smiling more, Moving symmetrically,
 - Family/ Parental Transition/Maternal Mood?
- Counseling
 - Anticipatory Guidance/Safety- **Tummy Time, Monitor Baby for Rolling**
 - Contact Info
 - Follow-up: 4 month WCC and Immunizations
 - What to Expect: Rolling, More Interactive, More Noises

6 Month Old Well Child Check Nursing Assessment

- Nurse Natalie invites the patient to an exam room
- Nurse Natalie asks parents to list concerns or questions
- Baby is undressed, wearing only dry diaper
- Vital signs and measurements are obtained
- Percentiles are plotted
- Parents receive parent handout with child's measurements and percentiles for review

Visit Documentation Forms: Parental Concerns or Questions

- How do we introduce solids?

The form is titled 'Parental Concerns or Questions' and includes sections for 'RECOMMENDED BY NURSE', 'PARENTS' CONCERNS', and 'NURSE'S RESPONSE'. It also has a 'History' section with checkboxes for 'Parental Concerns reviewed', 'Child has special health care needs', 'Hearing screening', and 'Vision screening'. There are also checkboxes for 'Concerns and questions' and 'Follow-up on previous concerns'.

Visit Documentation Form: History

- Feedings? (Introduction of Solids)
- Voiding/Stooling?
- Sleep?
- Development? Sitting Up, Babbling, Grabbing
- Family Balance
- Parental Transition
- Maternal Mood?

The form is titled 'Visit Documentation Form: History' and includes sections for 'REVIEW OF SYSTEMS', 'REVIEW OF MEDICATIONS', 'REVIEW OF VACCINATIONS', 'REVIEW OF LABORATORY TESTS', 'REVIEW OF PREVIOUS VISITS', 'REVIEW OF CURRENT CONCERNS', 'REVIEW OF PARENTAL CONCERNS', 'REVIEW OF CHILD'S DEVELOPMENT', 'REVIEW OF CHILD'S BEHAVIOR', 'REVIEW OF CHILD'S SOCIAL INTERACTIONS', 'REVIEW OF CHILD'S PHYSICAL DEVELOPMENT', 'REVIEW OF CHILD'S COGNITIVE DEVELOPMENT', 'REVIEW OF CHILD'S EMOTIONAL DEVELOPMENT', 'REVIEW OF CHILD'S SOCIAL DEVELOPMENT', 'REVIEW OF CHILD'S PHYSICAL DEVELOPMENT', 'REVIEW OF CHILD'S COGNITIVE DEVELOPMENT', 'REVIEW OF CHILD'S EMOTIONAL DEVELOPMENT', 'REVIEW OF CHILD'S SOCIAL DEVELOPMENT'.

Physical Exam Findings



Visit Documentation Form: Assessment/Plan & Anticipatory Guidance

The form is titled 'Visit Documentation Form: Assessment/Plan & Anticipatory Guidance' and includes sections for 'ASSESSMENT', 'ANTICIPATORY GUIDANCE', 'PLAN', and 'FOLLOW-UP/NEXT VISIT'. It also has a 'REVIEW OF SYSTEMS' section and a 'REVIEW OF MEDICATIONS' section.

Bright Futures Parent Handout: 6 Month Visit

- Introduction of Solids
- No Bottle in Bed
- Teething
- Talking and reading with baby
- Houseproofing

6 Month Visit Physician Assessment

- History
 - Parental concerns or questions?
 - Feedings? (**Continued Introduction of Solids**)
 - Voiding/Stooling? (**Normal Changes in Stooling**)
 - Sleep?
 - Development? Rolling Over, Sitting Up, Babbling, Grabbing
 - Family/ Parental Transition/Maternal Mood?
- Counseling
 - Anticipatory Guidance/Safety- **House Safety, Sippy Cup, Teething**
 - Contact Info: Poison Help: 1-800-222-1222
 - Follow-up: 9 month WCC
 - What to Expect: Crawling, More Babbling, Feeding Self

12 Month Old Well Child Check Nursing Assessment

- Nurse Natalie invites the patient to an exam room
- Nurse Natalie asks parents to list concerns or questions
- Baby is undressed, wearing only dry diaper
- Vital signs and measurements are obtained
- Percentiles are plotted
- Parents receive parent handout with child's measurements and percentiles for review

Visit Documentation Forms: Parental Concerns or Questions

- How do we transition to milk?

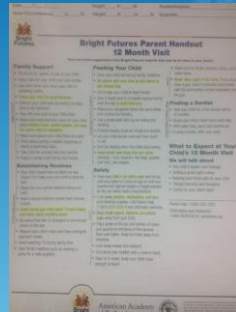
Visit Documentation Form: History

- Feedings? Table Food?
- Voiding/Stooling?
- Sleep?
- Development?
Stands alone,
1-2 words, waves
follows directions
- Family Balance

Visit Documentation Form: Assessment/Plan & Anticipatory Guidance

Bright Futures Parent Handout: 12 Month Visit

- Praise for good behavior
- Consistent discipline
- Healthy food choices
- Avoid TV
- Regular feeding/sleep to
- Avoid tantrums
- Car Safety
- Poison Control
- Gun Control



12 Month Old Well Child Check Physician Assessment

- History
 - Parental concerns or questions?
 - Feedings? (**Change to Whole Milk, Continued Intro to Solids, Phase out Bottle**)
 - Stooling?
 - Sleep?
 - Development? Cruising, Standing Alone, 1-2 Words
 - Family/ Parental Transition?
- Counseling
 - Anticipatory Guidance/Safety- **Balloon Safety, Carseat Safety, Gun Safety, TV not recommended, READ!!!**
 - Contact Info: **seatcheck.org** or **1-866-SEATCHECK**
 - Follow-up: 15 Month WCC & Immunizations
 - What to Expect: Increasing Independence, Walking, More Words

2 Year Old Well Child Check Nursing Assessment

- Nurse Natalie invites the patient to an exam room
- Nurse Natalie asks parents to list concerns or questions
- Baby is undressed, wearing only dry diaper
- Vital signs and measurements are obtained
- Percentiles are plotted
- Parents receive parent handout with child's measurements and percentiles for review
- Website for Height Predictor

Visit Documentation Forms: Parental Concerns or Questions

- Potty Training?

Visit Documentation Form: History

- Foods to Avoid
- Voiding/Stooling?
- Sleep?
- Development?
2 word phrases
plays pretend, kicks,
throws
- Family Balance

MCHAT form

- Autism Screening Tool

